

Eating for Survival 2019: It Matters

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The Largest Tool You Possess to Reduce Cancer Risk is the Way You Eat!

Are you using foods that can get the job done?

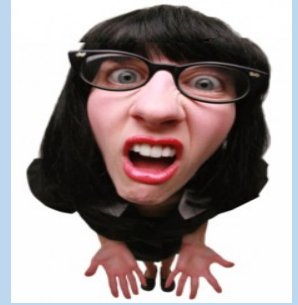
What's in your tool bag?



The History of Diet and Cancer Risk

- First worldwide summary report published in 1997 by AICR
- Second worldwide summary report published in 2007 by AICR
- Thousands of studies being conducted annually now and reported daily. [Check out sciencedaily.com](http://sciencedaily.com)
- Other benchmark events:
 - **The China Study 2005**
 - **Mediterranean Diet studies from France, Spain and Italy in the 2000's**
 - **Recent findings out of Europe on Processed Foods and Mortality, 2019**

What are the common findings?



- EAT PLANTS
- AVOID PROCESSED FOODS & SUGARS
- STAY ACTIVE
- MAINTAIN A HEALTHY WEIGHT

Why is the advice from
all these studies
mostly the same?

Because the findings
around the world all
confirm the
fundamental
principles of living a
long and healthy
life.



Plants Protect!

- Fruits Minimum 2 to 4 servings per day
- Vegetables Minimum 3 to 5 servings per day
- Legumes Minimum 1 serving per day
- Nuts Minimum 1 serving per day
- Seeds Minimum 1 serving per day
- Plants contain “Phytochemicals” that inhibit, control and sometimes stop disease progression.
- *How protective can plants be* for your health?

3 Bold Clues of Phytochemical Content

- What color is the food?
The bolder, the better!
- Does it have bold flavor?
The stronger, the better!
- Does it stink or do you stink when you eat it?
The stinkers are best!





Fruit is:
Anti-oxidant, prevents free-
radical formation
Anti-inflammatory
Anti-cancer
Anti-angiogenesis
Anti-aging on a cellular level

Vegetables have:

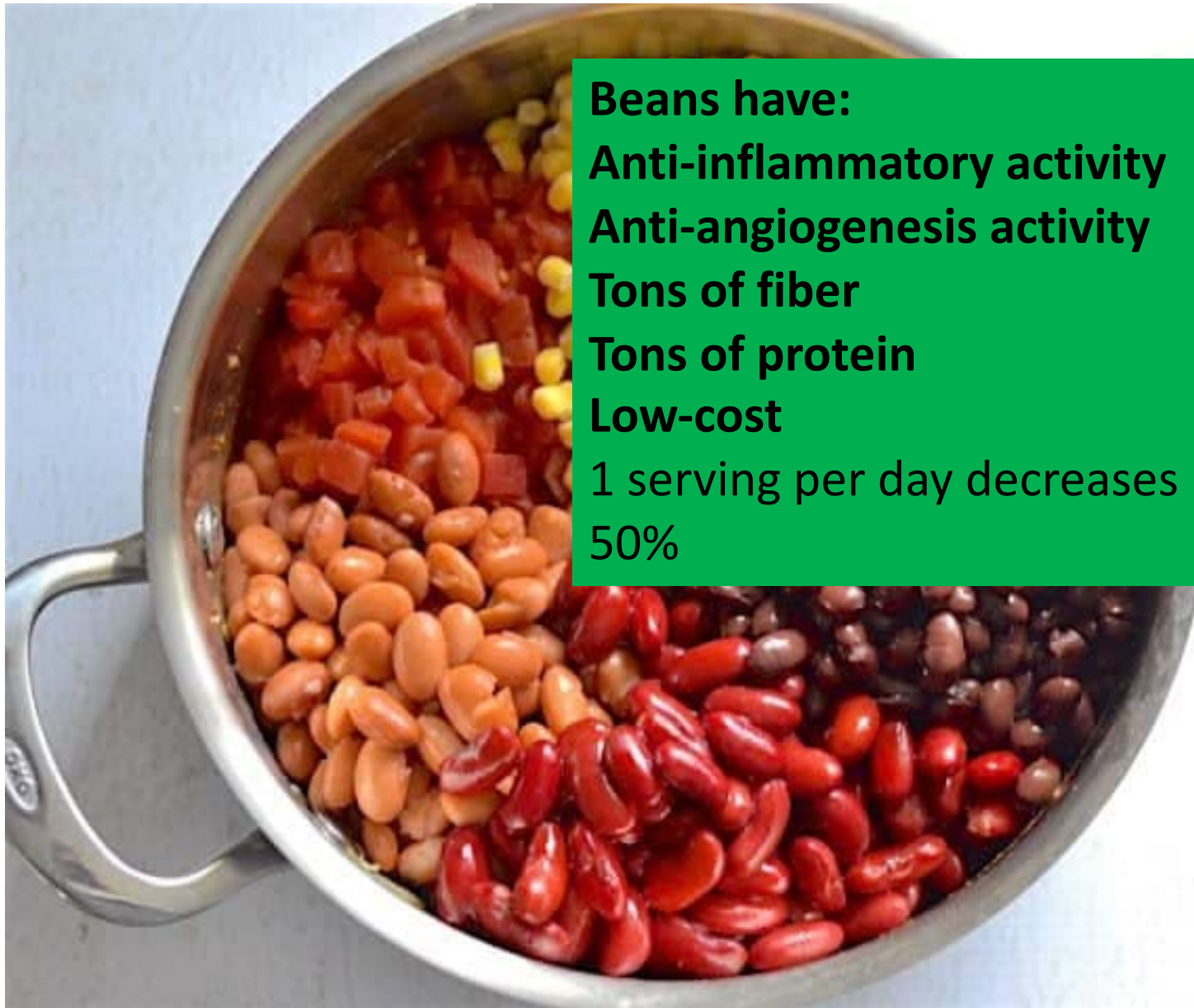
Garbage truck abilities – detoxifiers

Anti-inflammatory capacity

Cancer road blocking ability

Sulfur compounds that deactivate cancer causing chemicals in the body





Beans have:

Anti-inflammatory activity

Anti-angiogenesis activity

Tons of fiber

Tons of protein

Low-cost

1 serving per day decreases heart disease by up to 50%

What does a busy freeway interchange have to do with cancer and diet?

Angiogenesis and anti-angiogenesis





Nuts have:

Powerful anti-inflammatory properties

Healthy non-disease promoting fats

Heart protective properties

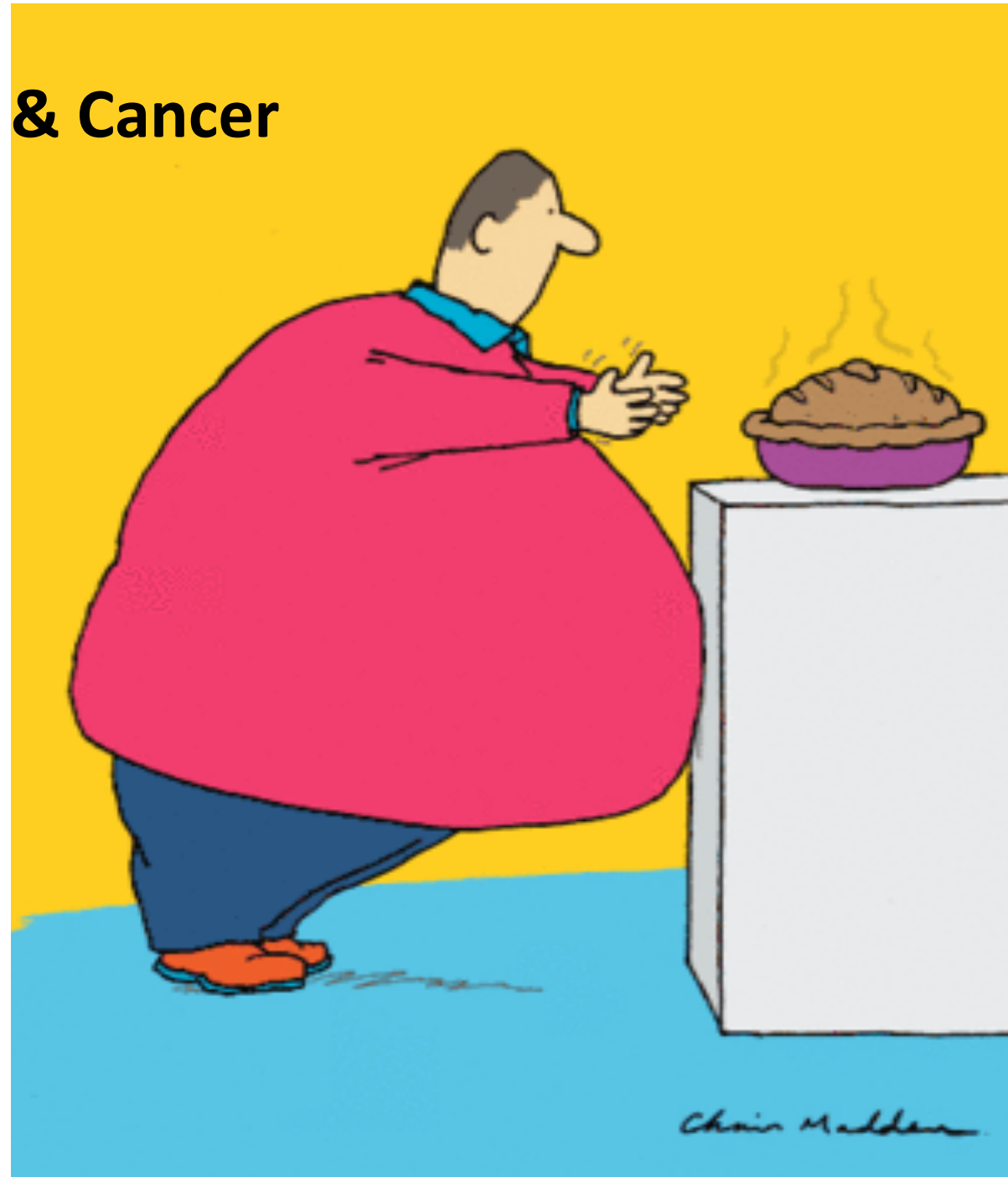
Tons of fiber

Zero Carbs.

Weight Gain, Abdominal Obesity & Cancer Risk

What we know:

- Every pound we gain as adults increases our cancer risk.
- Every inch we gain in our waist measurement, increases our risk
- More pounds = greater risk
- Abdominal fat acts like **Miracle Grow** for Tumors
- Why – Because fat cells are metabolically ACTIVE!





More abdominal fat contributes to:

- ✓ **The production of more circulating inflammatory hormones**
 - ✓ Estrogen and androgens
- ✓ **The production of more inflammatory proteins**
 - ✓ C reactive protein
- ✓ **The production of more inflammatory enzymes**

More inflammatory enzymes are produced by the liver – like DPP4. When this enzyme gets released by the liver it travels to the abdominal fat cells and triggers more inflammation.

The likelihood of developing insulin resistance and diabetes.

 - ✓ Insulin resistance is a key risk factor for cancer development all by itself. It lights the fire.



GET MOVING AND STAY MOVING

“The longer the shelf life, the shorter your life” Dr. Andrew Freeman



**The more processed foods you consume each day – the higher your risk of cancer, heart disease and early death.
Multiple studies reported in 2019.**



Most Hazardous Processed Foods for Cancer Risk

- More packaged food = earlier death
 - Chips, fries, cereals
 - Sweets, cookies, candy
 - Fast Food, pizza
 - Sugared beverages
- Processed Meats like bacon, sausage, pepperoni, lunch meats, meat balls
 - Jarred Sauces, mayonnaise
 - Frozen Meals (even the healthy ones!)
- **Studies did not show that people who ate more processed foods were fatter or exercised less than the non-processed food eaters and there was *no difference in other unhealthy behaviors.***



Best Choices after Cancer

Breast Cancer	Colon Cancer	Prostate Cancer	Lung Cancer
Cruciferous Vegetables	Cruciferous Vegetables	Cruciferous Vegetables	Carrots and Cruciferous Vegetables
Berries and other dark fruits	Berries and other dark fruits	Tomato Sauces and Paste	Berries and other dark fruits
Legumes	Legumes	Legumes	Stop using tobacco
Wild Fish	Wild Fish	Wild Fish	
Nuts and Seeds	Nuts and Seeds	Nuts and Seeds	
Exercise and weight control	Drink plenty of water	Pomegranate Juice and Hibiscus Tea	
Limit alcohol		Green Tea	
		Exercise and weight control	

More people commit suicide with a knife and fork than any other weapon.

Will these be your weapon of choice?



Food for thought!